

**Mayor's Council on Fitness and Well Being**  
**Minutes for November 1, 2017 Meeting**  
*Conference Room 459, 4<sup>th</sup> Floor, Ed Ball Building, 214 N. Hogan St*



*Minutes Approved by a quorum in  
the Dec 2017 MCFWB meeting*

**ATTENDANCE: [QUORUM OF 7 NOT ACHIEVED]**

Name of Council Member	Company / Affiliation	Attended ?
Joseph Bergman	COJ, OED Sports and Entertainment	Yes
CM Aaron Bowman / CM Scott Wilson	COJ, City Council VP [or designated representative]	No
<b>Tim Burrows [CHAIR]</b>	<b>YMCA of Florida's First Coast</b>	Yes
Bryan Campbell	Duval County Medical Society	No
Ms. Nancy Crain	Baptist Health	Yes
Ms. Heather Crowley (Albritton)	Duval County School Board	Yes
Dr. Johnny Gaffney	COJ Council Rep, Boards & Commissions Liaison	Yes
<b>Dr. Heather Hausenblas [VICE CHAIR]</b>	<b>Jacksonville University</b>	No
Ms. Alicia Hinte	UF Health Jacksonville (previously Shands)	No
Daryl Joseph	COJ, Director, Parks, Recreation & Community Services	No
<i>Ms. Robin Mantz</i>	<i>City of Jacksonville – Recorder (Non-voting)</i>	No
Ms. Gloria McNair	Florida Department of Health – Duval County (Non-confirmed)	No
Mark Owens	American Heart Association	No
Ms. La'Dora Taylor	Parks, Recreation and Community Services, COJ	No
<b>Guests</b>		
Ms. Tammy Chaney	DCMS Foundation	
Ms. Terri Davlantes	Jax Cooking Studio	
Dr. Ellan Duke	River Hills Clinic	
Ms. Jackie Lee	COJ Council District 04 – Council Member Scott Wilson	
Mr. Don Redman	Former Council Member	
Mr. Vince Robinson	COJ Public Affairs / Journey to One	
Mr. Mark Smilek	SoFitco	
Mr. Chad Walters	Lean Blitz Consulting	
Ms. Charlene Walker	COJ Employee Services	

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**PROCEEDINGS:**

**I. Welcome**

The Meeting was called to order at 12:35PM by Chair, Tim Burrows. Quorum of [7] members was not achieved by attendance, which leaves September, October and November 2017 draft minutes pending approval.

**II. 904 Mission One Million [904M1M] Update**

Tammy Chaney of 904 Mission One Million to give an update on 904M1M (Mission One Million) and she shared that WJXT Channel 4 News has been networking 904M1M bi-weekly and showed a video of John Hannigan's weight loss success story. Mr. Hannigan's main message is that everyone's journey is unique so don't beat yourself up if you backtrack a bit, but get back on track and keep moving forward with progress. Tammy Chaney asked that MCFWB members send her information on events and partnerships so she can network them with the 904M1M initiative.

**III. *Enriching Lives Through Food***

Guest speaker Terry Davlantes of Jax Cooking Studio gave a presentation on "*Enriching Lives through Food*" and started the initiative to combat the on-the-go convenience food mentality and lack of food literacy regarding cooking and nutrition. Ms. Davlantes said we are a disease focused community and that doctors aren't usually trained in nutrition. She also stated that 75% of our population are obese, which is related to 60 chronic diseases and that 90% of diabetes cases is preventable. Usually only 15% of our daily intake of food is natural produce and grains. The good news is that the produce and health options sections of markets have expanded significantly in the last four years.

The Jacksonville Cooking Studio offers healthy cooking classes for adults and kids and also has a dietician-led chronic illness / food science class as well as employee wellness classes. These classes teach hands-on culinary skills, behavior modification and nutritional food science. Ms. Davlantes also mentioned that University of California Davis (UC Davis) has a free Whole-Food

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Plant-Based Diet online with a link to recipes for all meals and snacks as well as a grocery list: <https://app.monstercampaigns.com/c/kr6u8f3cukgxrifgek17/> allows you to type your name and email address to receive the plant-based diet resources.

Vince Robinson asked if the Jax Cooking Studio is tracking successes, which Ms. Davlantes confirmed, as she has to justify the mission and successes of the program. Tim Burrows asked the capacity of the workshops and the answer was they can accommodate 20 people for hands-on training or more for lunch n' learn sessions. Tim Burrows mentioned the Ackerman Cancer Center has a dietician developing curriculum and is building relationships with chefs and dieticians as well, so this may be a great opportunity to collaborate.

**V. Public Comments / New Business**

Tim Burrows and Robin Mantz met with Marsha Oliver of the Mayor's *Journey to One* program on October 30<sup>th</sup> to discuss creating a symbiotic relationship between *Journey to One* and Mission One Million (M1M). Ms. Oliver was excited to combine the efforts of both groups and committed to send Vince Robinson from her staff to the monthly MCFWB meetings. Vince Robinson, who was present, said that the community events need more eyes, ears and hands at the events to help measure the success and metrics. He also stated that social media is important to connect communities to the events and that the Journey to One program can do a lot more to integrate / promote events to include M1M. Robin Mantz mentioned that it's important to keep the community and organizations engaged through social media and get the Chamber of Commerce to take a more active role through promoting activities. Tammy Chaney suggested that we use the Bicycle and Pedestrian committee to promote events as well because they have a FaceBook page. The conversation turned toward a FaceBook page for the MCFWB to promote activities and Vince Robinson committed to get the FaceBook parameters for the COJ from Marsha Oliver.

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**VI. Adjournment and Next Meeting**

At 1:50PM Chair Tim Burrows adjourned the meeting with a motion by Joey Bergman and a 2<sup>nd</sup> motion by Dr. Hausenblas. The next regular meeting of the Mayor's Council on Fitness and Well Being will be held Wednesday, December 7, 2017 at 12:30pm in Conference Room 851 in the Ed Ball Building at 214 N. Hogan St.

*Respectfully submitted by Robin Mantz, Recorder*

